



**Beaver Brook Association**  
 117 Ridge Road, Hollis, NH 03049  
 (603) 465-7787 / Fax (603) 465-9546  
 www.beaverbrook.org

## Get Ready for Camp

To fully experience nature, our classes spend a good deal of time outdoors, rain or shine. To promote a positive experience, here are some guidelines.

## Clothing

Campers should wear old clothes that can get dirty. Long but lightweight pants will provide protection against insects, poison ivy, cuts and scrapes. Shoes should be comfortable for walking, especially over rough terrain, and wet feet are always a possibility. Students should bring a raincoat or poncho for unexpected weather. Items brought each day should be put in a small labeled backpack for comfort and safety. Your teacher will notify you if specific clothing or footwear is required for any special activities. Pack a change of clothes for preschoolers.

## Insects

- 1) Apply insect repellent to clothes before class. Send along a non-aerosol spray repellent. **Repellents most effective against ticks contain 30% DEET or 20% Picardin.** Here is some research from Consumer Report:

**Ratings** ● Excellent ● Very good ○ Good ● Fair ● Poor

In order of overall score. Those with the same score are ranked by cost per ounce.  Recommended

Recommendation	Rank	Product	Cost per ounce	Active ingredient	Overall score	Effectiveness (hours)			Damage to materials
						Aedes mosquitoes	Culex mosquitoes	Ticks	
<input checked="" type="checkbox"/>	1	Off Deep Woods Sportsmen II	\$1.25	deet 30%	98	8+	8+	8+	○
<input checked="" type="checkbox"/>	2	Cutter Backwoods Unscented	1.33	deet 23%	98	8+	8+	8+	○
<input checked="" type="checkbox"/>	3	Off FamilyCare Smooth & Dry	1.63	deet 15%	98	8+	8+	8+	○
<input checked="" type="checkbox"/>	4	3M Ultrathon Insect Repellent 8	1.67	deet 25%	98	8+	8+	8+	○
<input checked="" type="checkbox"/>	5	Natrapel 8-Hour with picaridin	2.00	picaridin 20%	87	7	8+	8+	○
	6	Bite Blocker Xtreme (Organic) *	1.34	plant oils	56	3	8+	7	○
	7	Cutter Skinsations Clean Fresh Scent	1.04	deet 7%	55	4	6	7	○
	8	Burt's Bees All Natural Herbal	2.00	plant oils	24	1	5	2	●

\* "Organic" has no meaning in this repellent.

*Board of Trustees Officers:* Jay Nannicelli, President; Glenn Lloyd, V. President; Alan Chase, Treasurer; Bridget Rines, Secretary  
*Members:* David April, Nathan Armstrong, Anna Birch, Kim Colson, Bob Cormier, Peter Hacker, CJ Husk, Gena Lavallee, Janet MacFarland, Stephanie Pyle

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2) Students can wear long pants and tuck them into socks to protect against ticks. Pre-treating clothing with 0.5% Permethrin is quite effective for repelling ticks and sanctioned by the American Academy of Pediatrics.

3) Students should wear light colored clothes and a hat. Ticks are very difficult to see on dark colors. Make a habit of doing careful body and clothing checks for ticks at the end of the program.

### **Sun Protection**

Please apply sunscreen before the beginning of each class. Consider wearing a hat that shades the face and ears.

### **Food and Drink**

Each student in grades 1 and up should bring a bag lunch and snack each day. PreK and Kindergarten students will need only a snack as their camp ends at noon. Make sure all campers bring a bottle of water each day. For longer classes, a 2nd drink is recommended or students may refill their water bottles at Beaver Brook. No glass bottles, please. **Please use recyclable or reusable containers for food to reduce trash.**

### **Special Concerns**

Please make sure that the Beaver Brook staff are aware of any special concerns regarding the student. The registration form provides space for you to note any behavioral, medical, emotional, social or educational needs of the student. **If your student utilizes an aide or shared aide in school, then BBA's policy is that for learning and safety, an aide is necessary for participation in camp. Beaver Brook Association does not provide aides. Check with your school district.** With all pertinent information ahead of time, we can do our best to make sure that all students have an enjoyable and safe experience.

### **Drop Off / Pick Up Procedures**

#### **Drop Off:**

Classrooms will be open 5 minutes before the scheduled program begins. An adult should accompany the student on the first day of class to the assigned classroom, make sure the student is in the correct program, and that his/her name is on the attendance sheet. Please introduce yourself to the teacher and give written information about any car-pooling or pick-up that may change day to day.

Adults are required to accompany any student through Grade 4 to the classroom space each day. After the first day, students from Grade 5 and up may make their way to the classroom on their own. Please note that students will not be allowed into the classroom until 5 minutes before the start time. Our staff cannot be responsible for any student dropped off early.

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## **Pick Up:**

Students should be picked up from camp at the scheduled end time. The teacher will release students when the program is over. Please do not enter a classroom/teaching space until the teacher has adjourned the program. Adults should make sure that the teacher or counselor knows you have picked up your child. Beaver Brook staff cannot be responsible for supervising your children beyond the scheduled program time.

Our programs are nature-based which means much time will be spent in the fields and forest. Please avoid picking your child up early if at all possible. This affects the activities of the whole class if they need to come back to the buildings for one person's early dismissal.

## **Late Pick Up:**

If an unexpected event causes you to be late for pick up, please call the Beaver Brook office (603-465-7787) so that we can notify the teacher and the student. We will keep the student in the office until you arrive.

## **Discipline Procedure**

Beaver Brook's programs are meant to be educational and fun for all children involved. However, we recognize that different environments, circumstances and settings can impact a child's behavior and interactions with peers. Beaver Brook's staff works pro-actively to create a positive group environment, to set clear expectations at the beginning of each program, and to use positive reinforcement so that behavior does not become an issue.

Inappropriate behavior by any individual may have an effect on the enjoyment and safety of the entire group, and is not acceptable.

Teachers and aides will work to resolve common offenses such as being too loud, testing the rules, cliques, putting down others, and bad language. One-on-one conversations, positive-reinforcement, and time outs will be used in an attempt to correct these behavior issues. If inappropriate behavior continues or if a student commits a serious offense especially one that endangers others, the parent or guardian will be notified. We are willing to invest considerable effort to restore appropriate behavior, but reserve the right to expel a child from class if reasonable measures on our part have failed to be effective. *If you have any questions or concerns, please contact us M-F (603)465-7787 between 9:00am-and 3:00pm.*

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